



ADS CENTER

Resource Center to Address
Discrimination and Stigma

BRIDGING THE GAP BETWEEN WHERE WE ARE AND WHERE WE NEED TO BE

U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
Substance Abuse and Mental Health
Services Administration
Center for Mental Health Services

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Free Training Teleconference

Self-disclosure: The Public and Personal Effects of Revealing Mental Health Problems

Please Join Us

The SAMHSA Resource Center to Address Discrimination and Stigma Associated With Mental Illness invites you to participate in a free teleconference training titled, **"Self-disclosure: The Public and Personal Effects of Revealing Mental Health Problems."**

Date: Thursday, April 27, 2006
Time: 12:00 PM – 1:30 PM (Eastern Time)

To participate in this training teleconference, please complete the online registration form located at <http://www.stopstigma.samhsa.gov/regpage.cfm>. For additional teleconference information, please refer to the [Training](#) section of the SAMHSA ADS Center web site or contact a technical assistance representative by e-mail at stopstigma@samhsa.hhs.gov or by telephone at 1-800-540-0320. Please pass this invitation along to interested friends and colleagues. *Please note: Registration for this teleconference will close at 5:00 p.m., Eastern time, on Wednesday, April 26, 2006.*

Training Sponsor

This teleconference is sponsored by the SAMHSA Resource Center to Address Discrimination and Stigma (ADS Center), a project of the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services. The session is free to all participants.

Training Summary

"Disclosure is not a black and white choice. Mental illness is a complex experience." —Patrick Corrigan and Robert Lundin, *Don't Call Me Nuts: Coping with the Stigma of Mental Illness*, Recovery Press, 2001.

According to the [National Institute of Mental Health \(NIMH\)](#), about one in four American adults, or approximately 57.7 million people, will experience a diagnosable

mental illness in the coming year. Millions of these people will be faced with a choice: Do I tell other people— my friends, my family, my co-workers— about my illness, or do I keep it a secret? Though many will choose to disclose their mental health problems in some way, the stigma and discrimination that still surrounds people labeled with a mental illness will force many others to keep all or part of that information to themselves.

As the quote above illustrates, the decision to disclose mental health problems is not straightforward. In fact, for many people the act of coming out of the closet about having a mental health problem is a complex process of weighing the benefits and risks of speaking up. Yet, research indicates that, despite its difficulties, self-disclosure has a positive effect on peoples' lives overall— freeing disclosers from secrecy, opening new opportunities for support and recovery, and offering hope to others with similar concerns. The same is true of the effect self-disclosure has on stigmatizing perceptions. Since public attitudes toward mental illness have been shown to improve when a member of the general public interacts with a person with a mental health problem, the shared act of self-disclosure has an important role to play in future efforts aimed at reducing stigma and discrimination.

Please join the the staff of the SAMHSA ADS Center on **Thursday, April 27, 2006**, as we introduce the topic of self-disclosure and discuss what is gained and risked by choosing to talk openly about mental health problems. In addition to exploring the relationship between self-disclosure and stigma, training materials will provide a review of what is known about the contact approach to addressing stigma and discrimination, and present findings from a recent research study on mental illness disclosure in the workplace. The training also will offer an opportunity for people with mental illnesses, their family members, and friends to talk about their own experiences with self-disclosure and the lessons they have learned from them.

Training Goals

- Introduce and gain a better understanding of the interplay between self-disclosure and stigma reduction.
- Review findings from a recent study examining self-disclosure in the workplace.
- Discuss the public and personal impact of disclosing a mental health problem.

Event Speakers

Patrick Corrigan, Psy.D.

Patrick Corrigan is Professor of Psychology at the Illinois Institute of Technology (IIT) and Director of the Joint Research Programs in Psychiatric Rehabilitation at IIT. The Joint Programs are research and training efforts dedicated to the needs of people with psychiatric disability and their families. Corrigan has been principal investigator of federally funded studies on rehabilitation, team leadership, and consumer operated services. Six years ago, Corrigan became principal investigator of the Chicago Consortium for Stigma Research (CCSR), the only NIMH-funded research center examining the stigma of mental illness. One current study funded by NIAAA, NIMH, and The Fogarty Center is examining the stigma of mental illness endorsed by employers in Beijing, Chicago, and Hong Kong. Corrigan is a prolific researcher having published ten books and more than 200 papers.

Susan Goldberg, J.D., M.A.

Susan Goldberg currently serves as a Forensic Consultant, performing psychological assessments and psychotherapy in court-related matters. She is also a Ph.D. Candidate in Clinical Psychology at Fielding Graduate University. Ms. Goldberg's dissertation explores how people diagnosed with bipolar disorder make sense of

having a diagnosis of mental illness. Ms. Goldberg has also been an attorney for over 20 years and a researcher on disability issues for five years. She has been on a research team that investigated both the barriers to employment and the strategies for successfully maintaining employment of people with psychiatric disabilities. Ms. Goldberg has written and spoken extensively on recovery, mental illness, and disclosure of psychiatric disability.

Third Speaker — To Be Announced

Presentations

Speaker presentations will take approximately 60 minutes and will be followed by a 30-minute question-and-answer period. Participants will receive confirmation of their registration by e-mail shortly before the scheduled conference date. This confirmation message will include telephone dial-in instructions and a link to presentation materials posted in the [Training](#) section of the SAMHSA ADS Center Web site.

The SAMHSA ADS Center is a program of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

About the SAMHSA ADS Center

SAMHSA's Resource Center to Address Discrimination and Stigma (ADS Center) helps people design, implement and operate programs that reduce discrimination and stigma associated with mental illnesses. With the most up-to-date research and information, the ADS Center helps individuals, organizations and governments counter such discrimination and stigma in the community, in the workplace, and in the media.

Subscribe to receive this update by sending an e-mail to stopstigma@samhsa.hhs.gov, or by calling an ADS Center representative at 800-540-0320. To comment on the materials included in this update, please send e-mail to stopstigma@samhsa.hhs.gov, or write a letter to Resource Center to Address Discrimination and Stigma Associated with Mental Illness; Informational Updates; 11420 Rockville Pike; Rockville, MD 20852. To unsubscribe from this distribution list using the subscribed e-mail account, click [here](#). To unsubscribe your address from a different e-mail account, send a message to Majordomo@listserve.shs.net with the following command in the message body: unsubscribe stopstigma [Your E-mail Address].

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